

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in this application.

1. (Currently Amended) Device to carry out physical exercise that comprises a double-sided support (1), with one upper and one lower side, one of which is considerably rigid and the other includes an inflatable flexible element (3) ~~or the like~~, resting means for the support that allow users to carry out aerobic and cardio exercises and to work on their physical condition in general using the considerably rigid side, ~~characterised in that~~ wherein said inflatable flexible element (3) ~~or the like~~ is slightly dished and in that said inflatable flexible element (3) ~~or the like~~ allows users to carry out balance, proprioception and coordination exercises when standing on it, so that the device allows users to work on both the areas of aerobic and cardio and the areas of balance, proprioception and coordination.

2. (Currently Amended) Device according to claim 1, ~~characterised in that~~ wherein said resting means are feet (5) that rotate around the support (1) and around a considerably horizontal axis.

3. (Currently Amended) Device according to claim 1, ~~characterised in that~~ wherein said inflatable flexible element (3) ~~or the like~~ is detachable and is joined to the support (1) by joining means.

4. (Currently Amended) Device according to claim 1, ~~characterised in that~~ wherein said considerably rigid side comprises a contact platform (4) joined to the support (1) by joining means.

5. (Currently Amended) Device according to claims 3 ~~characterised in that~~ wherein said joining means comprise a housing (2), which accommodate said inflatable flexible element (3) ~~or the like~~.

6. (Currently Amended) Device according to claim 5, ~~characterised in that~~ wherein said housing (2) comprises means (7) to set the position of said inflatable flexible element (3) ~~or the like~~.

7. (Currently Amended) Device according to claim 5, ~~characterised in that~~ wherein said inflatable flexible element (3) ~~or the like~~ comprises means (8,10) to set its position in said housing (2).

8. (Currently Amended) Device according to claim 1, ~~characterised in that~~ wherein said flexible element (3), being inflatable, has a rectangular base.

9. (Currently Amended) Device according to claim 1 ~~characterised in that~~ wherein said inflatable flexible element (3) comprises the more density or thickest area of the base.

10. (Currently Amended) Device according to claim 1, ~~characterised in that~~ wherein said flexible element (3), being inflatable, comprises supports (18) on its base.

11. (Currently Amended) Device according to claim 3 ~~characterised in that~~ wherein said inflatable flexible element (3) ~~or the like~~ comprises a platform joined to the base.

12. (Currently Amended) Device according to claim 2, ~~characterised in that~~ wherein said support comprises gaps (14) to partially scramble said feet (5).

13. (Currently Amended) Device according to claim 1, ~~characterised in that~~ wherein said support (1) comprises means (11) to fix elastic bands for exercises entailing toning up muscles, body building and rehabilitation.

14. (Currently Amended) Device according to claim 4, ~~characterised in that~~ wherein said contact platform (4) is manufactured in a point-elastic material that is capable of absorbing and restoring energy.

15. (Currently Amended) Device according to claim 1, ~~characterised in that it~~ wherein said device comprises means (21) to regulate its height.

16. (Currently Amended) Device according to claim 1 ~~characterised in that~~ wherein said support (1) and said feet (5) comprise means (12) to hold and handle said device.

17. (Currently Amended) Device according to claim 1 ~~characterised in that~~ wherein inflatable flexible element (3) ~~or the like~~ comprises means (20) to hold and handle it.

18. (Currently Amended) Device according to claim 1 ~~characterised in that~~ wherein said flexible element (3), being inflatable, comprises at least one valve (19) to modify the pressure inside it.